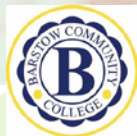


## Take Care of Your Emotional Health

- **Take care of your body**– Try to eat healthy well-balanced meals, exercise regularly, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs. Learn more about [wellness strategies external icon](#) for mental health.
- **Connect with others**– Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships and build a strong support system.
- **Take breaks**– Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.
- **Stay informed**– When you feel that you are missing information, you may become more stressed or nervous.



### Barstow Community College/Student Success Newsletter 2020

*BARSTOW COMMUNITY COLLEGE IS KEEPING UP TO DATE ON THE COVID-19 PROTOCOLS. MAINTAINING IN COMPLIANCE, BARSTOW COMMUNITY COLLEGE CAMPUSES ARE PHYSICALLY CLOSED TO THE PUBLIC AND STUDENTS. COLLEGE OPERATIONS AND SERVICES WILL CONTINUE REMOTELY. IF YOU NEED ASSISTANCE, PLEASE EMAIL [WELCOME@BARSTOW.EDU](mailto:WELCOME@BARSTOW.EDU)*



Contact:  
760-252-2411



Contact a BCC Counselor  
[http://barstow.edu/BCC/Counselor\\_Update.html](http://barstow.edu/BCC/Counselor_Update.html)



Website:  
<http://www.barstow.edu/>

## COMMON SIGNS OF DISTRESS/ WAYS TO REDUCE STRESS

- Feelings of numbness, disbelief, anxiety or fear.
- Changes in appetite, energy, and activity levels.
- Difficulty concentrating.
- Difficulty sleeping or nightmares and upsetting thoughts and images.
- Click the link below to watch ways to ensure a good night's sleep in college

<https://www.thoughtco.com/reduce-stress-while-in-college-793560>

## STUDENT RESOURCES

Click on the Icons Below

Feeling overwhelmed?

Text: "courage" To: 741741

FREE, 24/7, CONFIDENTIAL

Many of us will experience a mental health challenge in our lifetime. All of us have a reason to seek help.

**Life Threatening Dial 911**

**THE TREVOR PROJECT**  
saving young lives

Disclaimer: This newsletter includes health information copied from online articles. You should always consult your physician or health care provider for any questions or concerns you have regarding your health.

CDC Centers for Disease Control Prevention:

<https://emergency.cdc.gov/coping/selfcare.asp>

Where full article can be found



Sign Up- VIKING Alert

National Suicide Prevention Lifeline  
1-800-273-8255